

MY SAFETY PLAN

We suggest this safety plan should be revisited on a monthly basis or more regularly if required. Schools can complete this with child or young person, their parent/carer and the School Nursing service may be able to support if required.

Who can I seek out as a trusted person when I need support?	
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Where is a safe space that I can access when I need to? When can I access this?	
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What should I do if I am not feeling ok in a lesson / during the day?	
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Who else could I seek out if I am not feeling okay?	
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We can use the following resources for support...	
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My sibling / close friends can seek out this staff member for support	
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My friends are aware / not aware of what is going on for me. I would / would not like support with telling them.	
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Other support I may require	
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What have I achieved / accomplished since my safety plan was last reviewed?	
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If the CYP has expressed helplessness or suicidal thoughts visit: <https://staying-safe.net/what-is-a-safety-plan> and share concerns with parent/carer and health professionals involved (4 Mental Health 2020).